



## OUR LADY'S SCHOOL NEWSLETTER

22 July 2022

[www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

**Parish Priest:** Fr. Peter-Damien McKinley

**Principal:** Ms. Patrizia Bertani

**Parish Mass Times:**

English: Saturday 9.00am, 5.30pm, Sunday 9.00am, 10.30am & 5.30pm

Vietnamese: Saturday 7.00pm, Sunday 12.30pm, Friday 7.30pm

Burmese: Every 2nd Sunday 2.30pm

Chin: Every 1st, 3rd, 4th, 5th Sunday 2.30pm

Tongan: Every 1st Sunday 3.00pm

**School Phone:** 9312 2230

**School website:** [www.olsunshine.catholic.edu.au](http://www.olsunshine.catholic.edu.au)

*Our Lady's is a Child Safe School*

*"Christ has no body now but yours. No hands, no feet on earth but yours."*  
*Attributed to St Teresa of Avila*

### DATES FOR THE DIARY

**Mon 25 July** Year 4 Kororoit Creek excursion

**Fri 29 July** Confirmation for Year 6 at 7.00pm

**Fri 29 July** Teeth on Wheels

**Wed 3 Aug** 7.00pm P&F

**Wed 3 Aug** Teeth on Wheels

**Thurs 4 Aug** Yr 6 Confirmation Retreat Day

**Mon 8 Aug** Feast of St Mary of the Cross

**Tues 9 Aug** Parent Online Cyber-safety Information night at 7:30pm

**Wed 10 Aug** Teeth on Wheels

**Mon 15 Aug** Feast of the Assumption

**Tues 16 Aug** Parent Information night focussed on Writing with Deb Sukarna at 7pm at Our Lady's school

**Fri 19 Aug** Book Week Parade

**Fri 19 Aug** Year 7 2024 Catholic School Applications close

**Wed 31 Aug - Fri 2 Sept** Year 5 Camp

**Wed 7 Sept** 7.00pm PAB

**Fri 16 Sept** End of Term 3

### **PLEASE TAKE NOTE OF THE 2022 SCHOOL CLOSURE DAYS**

**(students do not attend school):**

**Monday 31 October:** Report Writing

### **SACRAMENT DATES**

**Fri 29 July 7.00pm Confirmation  
(Year 6)**

Dear Parents,

This week was a very eventful week. Bishop Martin Ashe that you can see in the picture, visited our Year 6 students as part of their preparation to receive the Sacrament of Confirmation on Friday the 29th of July. Bishop Martin commented positively about the students' responses which showed a deep understanding of the Sacrament of Confirmation. It was obvious that the students were engaged and enjoyed the interaction with Bishop Martin. As Bishop Martin was born in Ireland the students welcomed him to Our Lady's with an Irish prayer which he very much appreciated.



On Wednesday we held our annual school disco. The Parents and Friends organised for the students to have hot dogs and drinks which were thoroughly enjoyed. They also worked hard to create a Christmas in July theme with a large snowman as the central decoration. I would like to thank the Parents and Friends Committee members for all the time and effort they put into ensuring the disco was a great success. Thank you also to all the Our Lady's staff who all took on different roles and contributed to the success of the disco.

We can't forget our very talented and engaging DJ Con who added colourful lights and a wonderful choice of music that got the children dancing all night long.

**THANK YOU  
EVERYONE!**



### *Prayer for the Birth of St John the Baptist*

*The birth of St John the Baptist is celebrated on June 24. This saint prepared for Jesus to come.*



God, Father of us all, Saint John the Baptist proclaimed the coming of Jesus and prepared the way for him. Help us to tell others the good news about Jesus Christ and what that means to us.

May we too prepare the way of the Lord in our lives and our world.

Amen

## Building Project Update

I am writing to update you about the progress of our Building Project which includes the demolition of the Year 3 and 4 classrooms and building a double storey contemporary learning building with 10 new learning spaces, a lift, indoor toilets on both levels, a teachers' planning room on each level and a kitchen/science STEM area on each level. Unfortunately the project has been greatly impacted by the rising costs of construction materials. It has been very difficult to keep the project viable and in order to do this we have had to remove some items included in the original design. The items we have removed however do not impact on the size or the look of the building.

The initial cost of the Building project was \$5,748,953. This was costed near the end of 2021. A new costing was done in February 2022 and the project was costed at \$6,603,064 which means there was an \$854,111 increase. This was quite a blow but we worked with the architects, MACS project managers and the accountant to find a way around this hurdle. We were able to reduce the cost by \$261,910 as well as increase the school's contribution by \$300,000. As a result the new cost was now \$6,341,154. I felt confident that our project could go ahead.

As many of you know the building industry is facing challenges that no one could have expected would occur. As a result the quantity surveyor did another costing of the building in early July and there was another \$908,852 increase bringing the cost to \$7,250,000. As you can imagine this was a huge blow and for a while I was unsure about whether the project could go ahead. Once again we consulted with the architects, MACS project managers and the accountant. It was difficult for all involved to find a viable way to move forward in order to keep the project alive.

I am very happy to inform you that we did find a way to move the building project forward to tender without taking out the most important options such as the internal joinery and the children's playground. The cost of the project has now been reduced from \$7,250,000 to \$6,555,000. We are now in the process of taking the project to tender.

I am hoping that the tenders will come in below our final cost so that we can hopefully bring back some of the options we have had to remove. I hope to update you further by the end of this term. Below you can see 3 different images of the proposed building. Please pray that final tender will be below our final estimated cost of \$6,555,000.



**Fri 29 July** Confirmation for Year 6 at 7.00pm

**Mon 1 August** Year 6 Confirmation Party

**Fri 29 July** Teeth on Wheels

**Wed 3 Aug** 7.00pm P&F

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Yours sincerely,

*Patrizia Bertani*

**Ms Patrizia Bertani**

**Principal**

[principal@olsunshine.catholic.edu.au](mailto:principal@olsunshine.catholic.edu.au)

FJ: Aman J

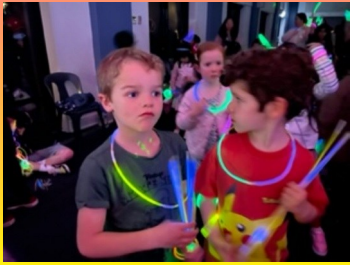
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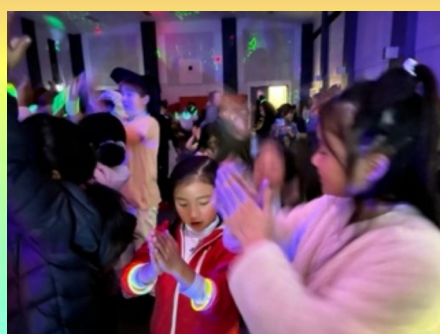
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# OPEN DAY

**Saturday 6<sup>th</sup>  
August 2022**  
10.00am – 4.00pm

**Acknowledging St Mary MacKillop's Feast Day**

- *Guided tours of the Museum*
- *Meet the author Sr Judith Geddes "A Faith-Filled Family" @10.30am*
- *Mary MacKillop Walking Tour available @ 11am*
- *Mass @ 1pm in the chapel with Fr Andrew Jekot*
- *A Rosary in Mary's Chapel for the people of Ukraine @ 3pm*
- *Refreshment options available for purchase*
- *Visit the Gift Shop*
- *Free kids crafts activities*



For further information and registering for the walk and mass [Click here](#)  
or call 03 9926 9300 or [admin.mmhc@sosj.org.au](mailto:admin.mmhc@sosj.org.au)



# LAST CHANCE

## To complete your Teeth on Wheels Form



**PAPER FREE FROM 2022- ONLINE FORMS ONLY**

At Teeth On Wheels, we provide the highest quality dental treatment while making it fun, positive and memorable for children.

With the help of the government your child might be eligible for **FREE** dental care.

Our dental services include:

- ✓ Check-ups
- ✓ Scale, Clean and Fluoride Treatments
- ✓ Fissure Sealants
- ✓ X-rays
- ✓ Fillings
- ✓ Extractions

Proud Partners with



**CLICK HERE TO COMPLETE YOUR FORM**

TeethOnWheelsAustralia #teethonwheels

Phone: VIC (03) 9338 1191

Email: [info@teethonwheels.com.au](mailto:info@teethonwheels.com.au)

## **Final Reminder**

We have Teeth On Wheels visiting our school for dental visits starting the 29/07/2022 .

Please click on the link below to complete your child's consent form.

<https://teethonwheels.com.au/consent-forms/consent-eform/>

**CUT OFF DATE FOR COMPLETING YOUR CHILDS FORM IS ON THE 29/07/2022.**

Complete your form today and the Teeth On Wheels team will be in contact to schedule your child's appointment and notify you on your child's eligibility.

Any further questions, please contact the Teeth On Wheels team on (03) 9338 1191.

# Aboriginal and Torres Strait Islander Children's Day event



Thursday 4 August  
11am – 2pm



Braybrook Community Hub Sports Pavilion  
107-139 Churchill Ave, Braybrook



Join cohealth's Aboriginal and Torres Strait Islander health team, Yakeen Tharn, to celebrate Aboriginal and Torres Strait Islander Children's Day.

Everyone is welcome! Show your support for Aboriginal and Torres Strait Islander children and learn about the importance of community, culture and family play.

For more information or to RSVP contact Clayton Carelse.



Call  
0419 864 424



Email  
Clayton.carelse@cohealth.org.au

**This year's theme is My Dreaming My Future.**

For Aboriginal and Torres Strait Islander children, the Dreaming represents the stories of their family, culture and Country. These are the songlines they carry with them from birth, while their future is their own to shape.

**We have many activities planned for the day, including:**

- Smoking ceremony
- Face painting
- Cultural arts and crafts
- Weaving
- Clap stick making
- Damper making
- Healthy lunch of salads
- Kick-to-kick football games
- Yarn with an Elder
- Cultural music
- Design your own boomerang

## COVID-19 safety

Anyone with COVID symptoms should stay at home. Please wear a mask and maintain a physical distance from others where possible. Masks and hand sanitiser will be available at the event.



everyone is welcome at cohealth

**cohealth**  
care for all





**SAVE THE DATE**



Tuesday, 16th August 2022

7pm

Our Lady's Primary School

## *A Writer's Workshop information evening for parents hosted by Deb Sukarna*

*Deb has been a leading educator for 37 years and has presented professional development programs for State, Catholic and Independent schools. She has worked in the United States and has co-authored a number of books on literacy education. In 2011, Deb was the recipient of the ACEL Hedley Beare Educator of the Year Award and received a Fellowship in Leadership from ACEL in 2014. Deb has been both a Primary Principal and Principal of a Balinese Community School. She has recently retired from Ivanhoe Grammar School as Head of Plenty Campus (Prep to Year 12) and Deputy Principal of Ivanhoe Grammar School (2004-2016). Deb has an expertise and passion for literacy and her workshops are based on her own classroom practice from ELC to Year 9.*

How can I help my child with their writing?

What's a Writer's Notebook?



How do children learn to write?

Why do students use seeds for writing?

How is the Writer's Workshop organised?



## INSIGHTS

### How to help your child be a good friend



Winnie the Pooh once said that “a day without a friend is like a pot without a single drop of honey left inside,” and my bet is that when he said this, that he wasn’t talking about any friend, he was talking about a *good* friend.

Being a good friend and knowing what a good friend entails is an integral component of friendship. Research says that kids start making meaningful friendships from around the age of four and from that point onwards, friendships will contribute to their wellbeing, learning, confidence and mental health.

But understanding what a good friend is can be tricky, so here are some strategies you can use to help explain what being a good friend means to your child and how they can be one.

#### Defining what it means to be a good friend

While most adults know instinctively what a good friend is, explaining this to kids can be difficult, says Reach Out’s Online Community Coordinator Janine Nelson.

Pinpointing some of those elements of what being a good friend means can be a great way to start.

For example, “being a good friend means including concepts of respect, loyalty, providing support and having fun together“, Nelson explains.

“Good friends typically display behaviours such as being trustworthy, someone who is around for the hard times not just the good times, and someone you can laugh with. Good friends respect your boundaries, and make you feel comfortable being yourself.”

Healthy Harold and the team at Life Education add that “generally, being a good friend involves loyalty, empathy and trust. A good friend would listen, be an upstander instead of a bystander, be forgiving, be patient, and respect your opinion. They are empathetic, and able to put themselves in your situation.”

#### What a good friend is can vary and change

It is also critical for kids to know that a good friend can be different for different people and that what we view as a good friend can change over time and as we grow.

“As kids grow older, it’s important to help them understand that there are many different types of friends and that these relationships can change over time,” says Nelson.

Helping your kids understand that this is normal and that it doesn’t equate to failure, while also supporting them through these changes is important.

# parenting\*ideas

## Teach your child friendship values.

Life Education says that helping your kids understand what specific values are associated with friendship is key to understanding what a good friend looks like and how to be one.

“Friendship values include being a loyal friend, accepting differences in a friend, standing up for a friend, being kind and supportive to a friend and including a friend in games,” they explain.

## Teach and model the social skills that underpin successful friendships

While knowledge and values are a key underpinning, consolidating these with skills is the next step.

Life Education suggest you “explain to your child that just as they can get better at swimming by practising, they can also get better at making and keeping friends by practising social skills such as smiling and greeting classmates, sharing, cooperating, negotiating, being positive, having an interesting conversation, playing games well (e.g., being a good winner and loser).”

## Praise the good stuff

Provide positive feedback when you observe your child using social skills or values that have the potential to contribute to the development of their friendships. This will help reinforce the values that make a good friend.

## Empower them to find their own solutions

Don't always try to fix every problem that arises, be present and support the children as they try to find a resolution. Create an environment where no questions are off limits so that nothing is too uncomfortable to discuss.

## Friendships in adolescence are different

As your kids grow into teens, friendships often take on a different significance and influence. Reach Out advises some additional strategies for parents with pre-teens and teenagers to use to help support them being a good friend. Work with your teen to set expectations around how they should treat their friends. A reminder of the values of a good friend and the skills that a good friend utilises can be helpful.

Be supportive if your teen comes to you about an issue with one of their friends without necessarily always trying to solve the problem. Listen openly and non-judgmentally without jumping into solution mode can be helpful. Model the behaviours of being a good friend. For example, you could get your teen involved if you are cooking a meal to support a friend and use the opportunity to talk about why that is important to you.

## In closing

Helping your child understand the distinction between being a friend and being a good friend is important but supporting them to become one can be a tricky process. It can vary depending on you, your child/ren, the friendships and over time. Experiment with different strategies and techniques and see what works best for you and your child/ren.



### Shona Hendley

Shona Hendley is a freelance writer and a former secondary school teacher. Her work appears in Kidspot, ABC Everyday, The Guardian, Body + Soul, and News.com.au amongst others. Shona currently lives in regional Victoria with her family, including husband, two daughters, two cats, and three super cheeky goats. You can follow her on [Instagram](#).





17th Sunday in Ordinary Time, Year C

Use the words below to complete this prayer which Jesus taught to his disciples.

Our \_\_\_\_\_ who art in \_\_\_\_\_,  
 hallowed be thy \_\_\_\_\_;  
 thy \_\_\_\_\_ come, thy \_\_\_\_\_  
 be done on \_\_\_\_\_ as it is in heaven.  
 Give us this \_\_\_\_\_ our daily \_\_\_\_\_  
 and \_\_\_\_\_ those who trespass  
 \_\_\_\_\_ us, and lead us not  
 into \_\_\_\_\_, but deliver us  
 from \_\_\_\_\_. Amen.

will temptation name evil  
 heaven bread forgive Father  
 day kingdom earth against

## Gospel Luke 11:1-10

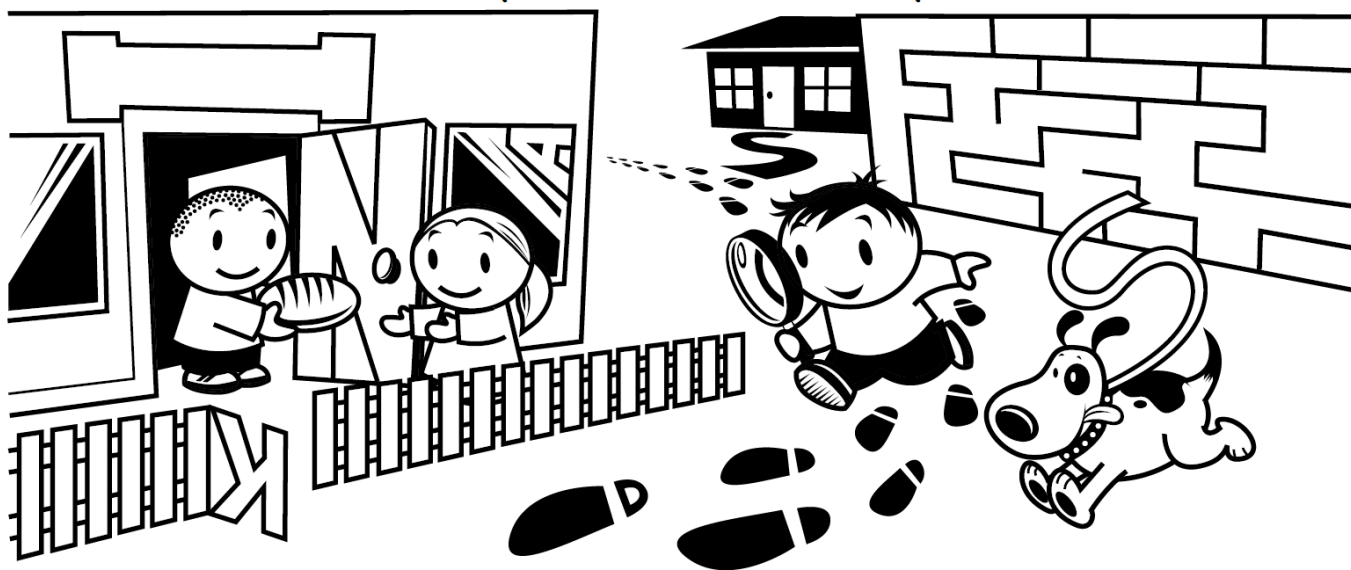
Once Jesus was in a certain place praying, and when he had finished, one of his disciples said, 'Lord, teach us to pray, just as John taught his disciples.' He said to them, 'Say this when you pray:

"Father, may your name be held holy,  
 your kingdom come;  
 give us each day our daily bread,  
 and forgive us our sins,  
 for we ourselves forgive each one who is in  
 debt to us.  
 And do not put us to the test."

He also said to them, 'Suppose one of you has a friend and goes to him in the middle of the night to say, "My friend, lend me three loaves, because a friend of mine on his travels has just arrived at my house and I have nothing to offer him"; and the man answers from inside the house, "Do not bother me. The door is bolted now, and my children and I are in bed; I cannot get up to give it to you." I tell you, if the man does not get up and give it him for friendship's sake, persistence will be enough to make him get up and give his friend all he wants.

'So I say to you: Ask, and it will be given to you; search, and you will find; knock, and the door will be opened to you. For the one who asks always receives; the one who searches always finds; the one who knocks will always have the door opened to him.

Find the hidden letters in the picture and use them to complete the sentence below.



Everyone who \_\_\_\_\_ will receive, everyone who searches will \_\_\_\_\_.